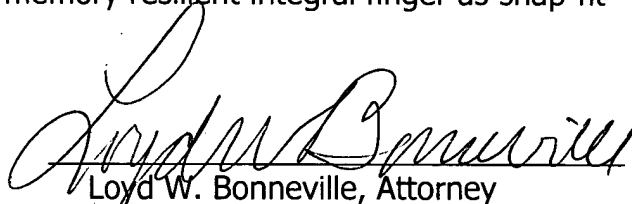


ABSTRACT

An intermediate section is inserted into the mid-portion of an exercise bar's body to increase its effectual length. The section is locked in place at each end thereof by the protrusion of a separation release button in one of the connecting members through a button opening in the member it is joined to. The button is retained in place either by a grasshopper leg spring supported upon a spring seat or a plastic memory resilient integral finger as snap-fit connection means.



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